**Conversion Chart**

The units used in the United States may be different from the units that you are used to. This chart can be your helper in doing the conversions.

**Blood Glucose**

1 mmol/L = 18 mg/dL

**Volume**

1 Tbsp = 3 tsp
1 cup = 16 Tbsp
1 cup = 8 fl oz
1 cup = 237 ml/237 cc
1 fl oz = 30 ml

**Weight**

1 oz = 28.4 g
1 lb = 16 oz
1 lb = 454 g/0.454 kg
1 kg = 2.2 lb

**Length/Distance**

1 inch = 2.5 cm
1 foot = 12 in
1 mile = 1.6 km
1 km = 1,000 m

**Temperature**

32°F = 0°C
212°F = 100°C